



## 5K - What a Day!



Thanks to the hard work of our events team, staff, participant volunteers, and our partners at The Doug Flutie Foundation, this year's 5K was a tremendous success. Incandescent Brewery was a tremendous host. The Gagne Wealth Management team sponsored our finish-line festivities which featured live music from Alex Casavant, popsicles from Crooked Stick Pops, great eats from Divided Pies, a raffle, and so much more!

- Proceeds raised help us offer more opportunities for community inclusion and activity
- 136 people registered including a couple from New Jersey that came "Just for this!"
- Great coverage in local and social media

### Mark your Calendar!!!

- Sept 1 - Labor Day - Offices Closed
- Sept 10 - Annual All Staff meeting (Look Park)
- Sept 20 - The United Arc Softball Tournament (Unity Park)
- Oct - Annual Picnic
- Dec 3 - Holiday Party for All
- Dec 17 - Staff Holiday Party



### Support our Supporters

### Annual Staff and Community Awards

- Annual awards will now be handed out as part of the Staff Holiday Party
- Employee of the Year, legacy awards, and community awards will be announced during the party.
- Nomination forms will be available to all staff in September

### Happy New Fiscal Year

Fiscal year 2026 starts today, July 1, 2025. Confusing, right?! There are a couple important things to know with the start of the new fiscal year.

- All reimbursable expenses need to be submitted by July 7<sup>th</sup>, at the latest. The fiscal team needs to get them "in the books" to prepare the documents required by the state.
- Participants you support should be advised of this deadline as it pertains to them as well.

### Your Voice Matters

*Help us continue to Drive Positive Change by joining one of these committees*

*Wellness - Contact Shannon  
Safety - Contact Jake  
DEB- Contact Brie or Shannon  
Comm Team - Contact Betsy  
Newsletter Team - Contact Fred*

*Reach out with questions or interest today!*

Have you checked out the Facebook page for The United Arc?

<https://www.facebook.com/TheUnitedArc>

## Footsteps in the sand

Walking beside the ocean at sunset,  
my bare feet pressed in the sand leaving perfect imprints.  
I walk, with the horizon to my left, the dunes to my right,  
and the path smooth and welcoming to my steps.

I cannot see any land beyond the setting sun.  
The glowing disc barely brushes the top of the darkening sea.  
This day is ending and faith will bring another to me,  
filled with hope and plans and everlasting promise.

Who was I when I started on this trek,  
when I first learned to put one foot in front of the other  
and create distance?

I have lived so many lives this time around.

Daughter, sister, friend  
teacher, wife, healer, farmer.

Explorer, swimmer, mother,

Writer.

Caregiver.

Survivor.

Each step molds perfectly to my bare foot,  
sinking just the right amount to keep me solid,  
firming just the right amount to push off to the next one.

I walk, like wandering.

I wonder about destinations.

Parallel to the horizon, I have no stated goals.

On the way back the tide has turned,  
Slow waves brush the shore where my feet had stepped  
How do I retrace the path I can no longer see?  
How do I find my way back to who I was when I began?

Maybe there is a message here, in this sand.

Maybe my steps are meant to be absorbed

back into the endless shifting

Maybe the only thing I can truly count on

is the next breath, the next heartbeat

The next lesson.

The next step

Written and shared by Beth Hersh  
Thank you so much, Beth

And A Warm  
**WELCOME!**

To these new staff members

**Christopher Knox - AWC Residential**

**Quwadeesha Parris - Case Worker - West Springfield**

**Julia DeLory - ICS Program Supervisor**

**Adam Rosenbaum - Board of Directors**

**Kathleen Simanski - Board of Directors**

